



# **PORTMAN COMMUNITY RECREATION CENTER**

4601 MCCULLOCH ST, DULUTH MN 55804



# **October 2015**

Theresa Mellinger - City of Duluth Senior Center Coord.  
AEOA Senior Dining -Monday or Friday

(218) 390-9429  
(218) 727-4321

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	Chicken & Dumplings Chocolate Chunk Cookie	1 Roast Beef Dinner Fresh Fruit  8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	2 3
4	5 Spaghetti Fresh Fruit  8:30 Ucare Exercise 12:00 Senior Club Meeting 12:00 Bingo	6 Polish & Kraut Fruit	7 Roast Pork Loin, Pineapple Upside Down Cake  8:30 UCare Exercise 9:00 Coffee Club	8 Hashbrown Egg Bake Cinnamon Roll	9 Special of the Day  8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	10 9-5 PM AARP 1ST Time Class- 8 Hr. --call to register 218-730-4319
11	12 Champagne Chicken Fresh Fruit  8:30 Ucare Exercise 12:00 Bingo	13 Meatloaf Dinner Fruit	14 Ham Dinner Or ALT Escalloped Apples  8:30 UCare Exercise 9:00 Coffee Club	15 Tator Tot Casserole Cake / Icing	16 Porcupine Meatballs Cinnamon Applesauce  8:30 UCare Exercise 10-NOON-FLU SHOTS -bring medicare card	17
18	19 Beef Stroganoff Ice Cream  8:30 Ucare Exercise 12:00 Bingo	20 Boiled Dinner Or ALT Fresh Fruit	21 Cabbage Roll Dinner Fruit  8:30 UCare Exercise 9:00 Coffee Club	22 Roast Turkey Dinner Fresh Fruit  1:00 AARP refresher course call 218-730-4319 to register	23 Special of the Day  8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	24
25	26 Cr of Potato Soup & Cold Meatloaf Sandwich Fresh Fruit 8:30 Ucare Exercise 12:00 Bingo	27 Chili Fruit	28 Stew & Fresh Fruit  8:30 UCare Exercise 9:00 Coffee Club	29 Pulled Pork Sandwich Fruit	30 Swiss Steak Fruit Crisp w/ Topping  8:30 UCare Exercise 10:30 Open Rec 12:30 Halloween Party- bring costume in a bag	31